

# THE SPHERE OF PROTECTION

*of the Cross*

AUGUSTO MONGE

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The Sphere of Protection is the foundational ritual of a system of magic used by several Orders. It was originally created by Dr. Juliet Ashley, a longtime occultist who studied Jungian psychology in the 1930's. It was further developed by John Gilbert and John Michael Greer to the form that you will learn here today. Here I am providing some context and several options using Christian symbolism to make it suitable for Christians and I encourage anyone reading this to fill it in with whatever form the divine powers feel most comfortable for you in the form of Christianity you practice. It is a very solid protective ritual and is a little subtler than the more popular LBRP but equally effective. However there are advantages to it too.

The Lesser Banishing Ritual of the Pentagram is only one of many rituals developed by the Hermetic Order of the Golden Dawn and it was meant to be performed together with the rest of their vast magical toolkit. The reason for this is that only banishing grubby energies from you, without bringing clean energies to take their place, can start depleting you of your own energies and thus leaving you, if taken seriously enough, in a low mood and energy state for the same reason that scrubbing your skin constantly with a sponge or washing your hands all the time can damage it.

This is not a problem with the SoP and with daily practice you get the benefits of a complete balanced ceremony that

serves as a banishing ritual, an invocation and can be developed even further to serve as the foundation for a complete system of magical training, development and energy work. This makes it extremely suitable for aspiring Christian occultists because the SoP serves as a powerful and compact magical practice while allowing the practitioner to focus the core of the work in prayer and meditation --the traditional areas of practice for Christians-- without having to go through elaborate, eclectic, magical systems that have magic, not religion, as the core of their work.

As Christians this allows us to by pass most of the barriers that our long, complicated and often bloody history has had with magic and allowing us to focus our efforts into our religious necessities while making use of the techniques of ceremonial magic in order to catapult us into a clean state of consciousness that make the religious dimensions of our path easier to perform in today's, often problematic, societies.

One thing should probably be mentioned before commencing the discussion of what Magic is, its purpose and its training. The first thing is that the condemnation of Magic in the old times, and still in today, was referring to a completely different thing than what we are referring to as Magic in this book. As Brother ADA mentions in his excellent book *The Magic of Catholicism* what was prohibited back then, originally, was what we would most likely refer to as witchcraft, necromancy and demonology today for some of the means of action employed by such methods strive to create changes in the world with powers outside the self and without the aid of the powers of the divine. Such actions for

a follower of Christ are indeed sinful and as with any sin, it takes you away from God back into confusion.

That has nothing to do with what we refer to as Magic in here, our purpose is to use Magic and our own given capacities to get closer to God. So, what is Magic then? To use Dion Fortune's definition, one of the best occultists of her time: "Magic is the art and science of creating changes in consciousness in accordance with will". That of course is very general but for our purposes, the changes caused in consciousness are according to our will, aligned with the divine, and made possible by gestures, words and the focused imagination of the trained mage allowing him to illuminate his or her path in ways that very few other things known to man can accomplish.

One of the distinctive features of the SoP is that you don't start doing it all at once. You begin by learning the opening and closing sections and adding the elemental invocations in the middle one at a time. The process of learning it thus functions as a basic initiation into the work of the seven elements the SoP works with, which are: Air, Water, Fire, Earth, Spirit Above, Spirit Below and Spirit Within. We'll be getting to each of them one at a time.

The opening and closing sections have evolved substantially over the years and the version included in here has been tested for several years and is but only one way of doing it that has proved to be easier to learn by some people. With that said, let's begin.

# *The Opening*

The symbolic aspect for the Christian version of the SoP can be filled in many ways and you can vary this to suit what works best for you. For our purposes the words of the Sign of the Cross serve our purposes well:

(1) In the Name of the Father, (2) the Son and (3) the Holy Spirit. (4) Amen.

You can also do it using impersonal symbols. For example: (1) By the sky above me, (2) by the land beneath me, (3) by the life force within me, (4) "may I be blessed and renews now and always."

Finally, for a simplified version you can do by substituting the opening entirely and doing the Sign of The Cross the traditional way instead which was part of the original version by Juliet Ashley. Either way, pick one that you will use to go along the gestural, vocal and imaginative components of the ritual.

Before we begin we will take a few deep breaths, exhale and for a few moments as you do this bring your attention to the present moment, let your body, mind and energies to become stable. In this relaxed state, stay mentally alert but let your thoughts fade away and focus in the work you are about to begin while you let your breath go back to normal.

1. Facing East, stand comfortably erect and distribute your weight evenly between your feet, your knees slightly bent as to prevent them from locking and keep your arms to your sides. Allow for all the tensions of your body, mind and energies to drain into the ground where they will be reintegrated into the Earth. In a single smooth motion, raise both your arms out and up to your sides while you turn your palms upwards until the arms rise to join your palms above your head, fingers pointing upwards. Then bring your joined hands downwards until both thumbs press against your forehead in between your eye brows; as you do this with the movement of your hands, imagine a beam of pure white light descending from infinite space to a point in the center of your heads forming a small shining sphere a few inches across there. Say the first divine name you have chosen. Eg: "In the name of the Father." Pause for a moment.

2. Now draw your joined hands down the front of your body to a point in your belly about an inch below your navel at the level of the womb center, fingers pointing down; as you do this with the movement of your hands imagine the same beam of pure white light descending through your body to the heart of the Earth. Say the second divine name you have chosen. E.g: "and of the Son". Pause for a moment.

3. Now raise your elbows and draw your hands back up, separating them in a sweeping, blossoming motion. End with your arms out to your sides, palms up. As you do this, imagine the light rising up from the heart of the Earth, filling your body. Say the third divine name you've chosen. E.g "and of the Holy Spirit". Pause for a moment.



4. Now cross your arms, right over left, the fingertips of each hand resting against the opposite shoulder; as you do this, imagine the light shining out through your body and filling the entire space around you, cleansing and blessing all things. Say an appropriate divine name to finish. E.g "Amen". Pause for a moment. This concludes the opening.

## *The Closing*

The closing of the SoP is the actual establishment of the Sphere of Protection using the energies invoked. At the conclusion of the Opening --or later on at the conclusion of the elemental invocations-- turn your attention to your solar plexus, the area above the pit of your stomach and below the point where the ribcage meets. Imagine the equivalent point in the middle of your body, where the beam of pure white light passes through you. Imagine the beam of light forming a sphere of light a few inches across there. Feel this as the meeting place of the current of light descending from the sky and the current rising back up from the heart of the Earth.

Now imagine the sphere of light expanding, fed by the two currents flowing into it. It grows until it surrounds your entire body, and a much further as you need to make it to encompass the area you wish to place under its protection. Concentrate, as it expands, on the sense that the space inside it is lighter, cleaner and brighter than the space outside it. The more effort and concentration you put into this sense, the more effective the ritual will become. Once you have expanded the sphere to the size you need it, and feel the



space around you as cleansed, lightened and illuminated, pause for a moment.

Now cross your arms as you did at the end of the Opening, and say something appropriate. E.g "May the holy powers bless and protect me now and always" or a prayer --for example the *Lord's prayer* or even better an *Our Father*, *three Hail Mary's* and a closing *Our Father* as we do at the beginning of the Rosary, or any prayer you find suitable. This concludes the Sphere of Protection.

Do this practice every day for the next week. A week from now I'll post instructions for the first of the elemental invocations --The Calling of Air.

The template of this ritual and most of its text was written by John Michael Greer as consulted at his site: <https://ecosophia.dreamwidth.org/57125.html> and it is with his permission that I make this form of the SoP available